

# Buddhism Key Terms Venn

Learners should be able to explain and apply these terms in relation to the themes:

1. **Buddha** – A being that has completely abandoned all delusions and their imprints. In general, ‘Buddha’ means ‘Awakened One’.
2. **Dhamma** – Buddha’s teachings.
3. **Dukkha** – Pain, suffering, disease and disharmony.
4. **Eightfold Path** – A summary of the path of Buddhist practices leading to liberation from Samsara.
5. **Metta Bhavana** – Loving-kindness meditation practiced in order to ‘cultivate loving-kindness’ towards others.
6. **Noble Truths** – These are the four teachings that form the essence of Buddha’s teachings. He realised these truths while meditating under the Bodhi tree.
7. **Parinirvana** – Nirvana-after-death; takes place upon the death of the body of someone who reached nirvana during their lifetime.
8. **Samatha** – Practicing single-pointed meditation through mindfulness of breathing in order to calm the mind and its ‘formations’.
9. **Sangha** – Translated as ‘community’ and referring to the Buddhist community of monks, nuns, and novices.
10. **Tanha** – Can be translated as ‘craving’ or ‘desire’, which can be either physical or mental. These are considered to be the causes of suffering.
11. **Vipassana** – Meditation practiced in Theravada Buddhism that involves concentration on the body or its sensations.
12. **Vesak** – Also known as Buddha Day, it commemorates the birth of the Buddha-to-be, Siddhartha Gautama.

## Other useful terms:

1. **Arhat** – ‘Foe Destroyer’. A person who has destroyed all delusions (the foe) through training on the spiritual path. They will never again be reborn in samsara.
2. **Bhikkhu** – A Buddhist monk.
3. **Bhikkhuni** – A Buddhist nun.
4. **Budhahood** – Gaining the highest level of enlightenment where one gains omniscient wisdom and whose function is to bestow mental peace on all living beings.
5. **Dhammapada** – A collection of sayings of the Buddha.

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6. Diwali – This marks the day Emperor Ashoka gave up everything and adopted the path of peace where he converted to Buddhism.
7. Enlightenment – Liberation and true cessation of the cycle of Samsara.
8. Jatakas – Stories relating to the past lives of the Buddha.
9. Karma – (Kamma – Pali): “Action”. Actions that one makes throughout their life will determine their future.
10. Karuna – Translates as compassion.
11. Kathina – A Theravada Buddhist festival that celebrates the end of the monsoon season and is the largest almsgiving ceremony of the Buddhist year.
12. Lama – Tibetan translation of ‘guru’ meaning spiritual teacher.
13. Magga – Path to the cessation of suffering – the middle path of the fourth noble truth.
14. Mahayana – “Great vehicle” (to salvation). The name given to the more progressive strands of Buddhism.
15. Mantra – Symbolic sounds or words.
16. Mara – The demon that tempted Siddhartha Gautama while he was meditating.
17. Meditation – Techniques that encourage and develop concentration, clarity, emotional positivity, and a calm seeing of the true nature of things.
18. Nirodha – The truth of the cessation of suffering – that enlightenment is the cure for suffering.
19. Nirvana – Enlightenment, total egolessness.
20. Panna – Translates as ‘wisdom’.
21. Parinirvana Day – Mahayana Buddhist festival that marks the death of the Buddha.
22. Pratityasamutpada – ‘Dependant origination’, states that all things arise because of other things: cause and effect. A pragmatic teaching applied to dukkha.
23. Rebirth – Being reborn as a result of circumstances that happened before.
24. Renunciation – (Nekkhamma) – Giving up the world and leading a holy life with a freedom from lust, craving and desire.
25. Samadhi – Refers to the state of meditative consciousness where the mind becomes still.
26. Samsara – The continual cycle of birth, death and rebirth.
27. Siddhartha Gautama – The ‘Buddha’, ‘Awakened One’, Siddhartha is a Sanskrit term which means ‘one who achieves his goal’.
28. Sila – Moral conduct, the principle of orderly behaviour that promotes peaceful existence in a

community.

29. Sunyata – Emptiness, a major doctrine of Mahayana Buddhism that all things are empty of permanent essence.
30. Tathagatagarbha – The Mahayana doctrine that states all sentient beings have the potential to reach Buddhahood.
31. Theravada – “Way of the Elders”, the name given to the only surviving school of conservative Buddhism.
32. Vassa – The monsoon season which preludes the festival of Kathina.

Visit <http://kadampa.org/reference/glossary-of-buddhist-terms> for a more comprehensive glossary of terms relating to Buddhism.

## Buddhist Beliefs, Teachings and Practices

You are presented with a number of key terms that relate to the topics covered as part of this unit of work. Can you place them in the appropriate sections of the Venn? The terms either relate to Buddhist beliefs, teachings, practices or a combination of the three. Discuss with your classmate why you have placed it where you have.

Beliefs



Teachings

Practices